

1 SENATE JOINT MEMORIAL 35

2 46TH LEGISLATURE - STATE OF NEW MEXICO - SECOND SESSION, 2004

3 INTRODUCED BY

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10 A JOINT MEMORIAL

11 REQUESTING THE DEPARTMENT OF HEALTH AND THE PUBLIC EDUCATION
12 DEPARTMENT TO COLLABORATIVELY MAKE RECOMMENDATIONS TO INCREASE
13 THE PHYSICAL ACTIVITY AND IMPROVE THE EATING HABITS OF YOUTH.

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15 WHEREAS, the percentage of young people who are overweight
16 has doubled since 1980, with between ten percent and fifteen
17 percent of Americans aged six to seventeen years, about eight
18 million young people, considered to be overweight; and

19 WHEREAS, more than sixty percent of young people eat too
20 much fat and fewer than twenty percent of young people eat five
21 or more servings of fruits and vegetables each day; and

22 WHEREAS, more than one-third of young people in grades
23 nine through twelve do not regularly engage in vigorous
24 physical activity, and daily participation in physical
25 education classes has dropped from forty-two percent in 1991 to

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1 twenty-nine percent in 1999; and

2 WHEREAS, a lack of regular physical activity and poor
3 eating habits leads to obesity, diabetes, cancer and
4 cardiovascular disease; and

5 WHEREAS, a lack of physical activity and good eating
6 habits during youth will likely lead to poor habits during
7 adulthood; and

8 WHEREAS, more than fifty-five percent of adults in New
9 Mexico are considered to be overweight or obese, as measured by
10 having a body mass index of twenty-five or greater;

11 NOW, THEREFORE, BE IT RESOLVED BY THE LEGISLATURE OF THE
12 STATE OF NEW MEXICO that the department of health and the
13 public education department be requested to collaborate in a
14 study of methods to increase the physical activity and improve
15 the eating habits of youth; and

16 BE IT FURTHER RESOLVED that the departments be requested
17 to implement those strategies that can be implemented
18 administratively; and

19 BE IT FURTHER RESOLVED that the departments report to the
20 appropriate interim committee of the legislature on their
21 findings and recommendations, including those strategies that
22 require legislative approval or funding to implement; and

23 BE IT FURTHER RESOLVED that copies of this memorial be
24 transmitted to the secretary of health and the secretary of
25 public education.

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